

Pennsylvania

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

www.health.state.pa.us

www.panaonline.org

The Epidemic

61% of Pennsylvania adults are overweight or obese.
(CDC BRFSS, 2002)

27% of low-income children between 2 and 5 years of age in Pennsylvania are overweight or at risk of becoming overweight. (CDC PedNSS, 2002)

The obesity rate among Pennsylvania adults rose by 92% from 1990 to 2002. (CDC BRFSS, 1990, 2002)

Recent Accomplishments and Products

- Awarded three contracts and 15 mini-grants for state and local implementation of the state plan.
- Made presentations for 19 national, state, and local agencies and organizations.
- Added a Health, wellness and quality of life objective to the P.A. Bike and Pedestrian Plan
- Trained 365 Community Champions.
- Held a Childhood Obesity Forum: Crafting a Regional Strategy with National Implications.
- Sponsored the 2004 P.A. Action for Healthy Kids Summit at Penn State Univ. in Harrisburg.

Partners

American Academy of Pediatrics Pa. Chapter
American Heart Assoc. Pa./Delaware Affiliate
Capitol Blue Cross and Highmark Blue Shield
Dubois Regional Medical Center
Geisinger Health Care System
Health Alliance of Pennsylvania
Health Promotion Council of Southeastern Pa.
Northeast Region Rails-to-Trails Conservancy
Pennsylvania Advocates for Nutrition and Activity
Pennsylvania Environmental Council
Four Pennsylvania cabinet departments
Pa. Food Service and Planning Associations
Pennsylvania Nutrition Education Network
Pennsylvania Society of Physician Assistants
Pennsylvania Association for Health, Physical Education, Recreation, and Dance
Philadelphia Department of Public Health
Pennsylvania State University
University of Pennsylvania
University of Pittsburgh

Program Priorities

The *Pennsylvania Nutrition and Physical Activity Plan to Prevent Obesity and Related Chronic Diseases* was developed by a multi-disciplinary group of stakeholders — Pennsylvania Advocates for Nutrition and Activity (PANA). PANA identified 365 local Keystone Healthy Zone Community Champions to help in promoting the plan.

Five interventions are currently underway:

- The Keystone Healthy Zone Campaign to recognize schools that create environments that promote physical activity and sound nutrition.
- Color Me Healthy, a pilot nutrition/physical activity education program for preschool children, parents, teachers, and caregivers.
- The School Growth Screening Program to assess students' weights using the CDC Growth Chart.
- The Obesity Prevention Project in rural Brockway, Pa., a school-based social marketing pilot project to promote healthy eating and physically activity in young people.
- The Southwest Philadelphia Obesity Prevention Pilot Project to promote healthy eating and physical activity through activities and social marketing in an elementary school, a recreation center, and the community.

Upcoming Events and Products

- Training for local officials on the impact of land-use and transportation decisions on public health
- Implementation of the Growth Screening Program in Kindergarten through 3rd grade

Project Period: 2003-2008

Year First Funded: 2001

Funding Stage: **Basic Implementation**

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